COBRA / ROCKET / QUATTRO / CORE MACHINE

USER MANUAL

GUNeX® training system

4 THE STORY

7 PROPER POSTURES AND POSITIONS

46 FAQ

48 EDUCATION AND TRAINING

50 WARRANTY AND SAFETY

8 COBRA

18 ROCKET

26 QUATTRO

36 CORE MACHINE

THE STORY BEHIND GUN-EX

We help all levels of athletes to reach their goals and become the best. Our equipment range is aimed at athletes and their coaches, fitness clubs, and trainers all over the world. As former pro athletes we know that to become the best, only 15 % is talent and 85 % is hard work.

If you need to train hard, you need the best quality and the safest training tools on fitness market.

All our training tools are highly innovative and functional. Every product is tested by our team of professional athletes. They are giving us real feedback what athletes and their coaches need and we are trying to match their expectations as closely as we can.

We have developed the education for all coaches, trainers and fitness instructors.

During last decade Jan Marvan, former professional cyclist, and the team of experts (athletes, trainers, physiotherapists and material engineers) came up with the first training tool called COBRA, a long heavy elastic rope with countless applications and exercises. Training with heavy elastic rope was one of the best and most beneficial training methods to prepare the body and all muscles for a hard season of professional athletes. The result was a perfect traning tool, easy to transport to training camps even by airplane.

This became immediate everyday training tool of dozens of professional athletes, army and sport clubs. All started with atletes from ice hockey league NHL. After years in heavy duty, the Cobra tool proved that it is the most durable training "partner" for everybody. From professional field to fitness trainers.

Nowadays GUN-eX® works on new training and education principles with the team of professional athletes located around the world.

We know that we can do the best resistance training tools on the planet. We are not changing dirrections and we are still developing new resistance tools and upgrades with priceless feedback from pro-athletes.

Specific training procedures and handmade products make the GUN-eX® the safest training program.

With 4 main elastic training tools (COBRA, ROCKET, QUATTRO, CORE MACHINE) we are able to develop complex body abbilities: strength, power, speed, dynamics, agility, reaction, core, stability, coordination.

SAFETY IS OUR #1 PRIORITY
TOP QUALITY MATERIALS
TRADITIONAL HAND-MADE WORK
PRO EDUCATIONAL SYSTEM

ALWAYS

MAINTAIN **PROPER POSTURE TO AVOID INJURIES**

PROPER POSTURES AND POSITIONS

GENERAL BODY POSITIONS
(valid for all training tools in manual)

Stance facing the anchor point

Stance facing away from the anchor point

Stance sideways to the anchor point

GENERAL FEET POSITIONS
(valid for all training tools in manual)

Split stance

Parallel stance

Squat stance

POSTURE
(valid for all training tools in manual)

CORRECT
- Neutral spine with right posture and engaged core

INCORRECT
- Lordotic posture

INCORRECT
- Protracted shoulders
- Kyphotic posture

COBRA

LONG ELASTIC ROPE

- 5,5 m (18 ft) long elastic rope
- Extendable up to 12 m (40 ft)
- Building strength & power & speed
- Full body workout

All COBRA Kits available in 2 resistances:

- Heavy (700 N)
- Light (300 N)

Conversion to weight: Newtons / 9.8 = kg | Newtons / 4.45 = lbs

/ STRENGTH

/ POWER

/ SPEED

GUN-EX® COBRA ANCHORING AROUND THIN OBJECTS

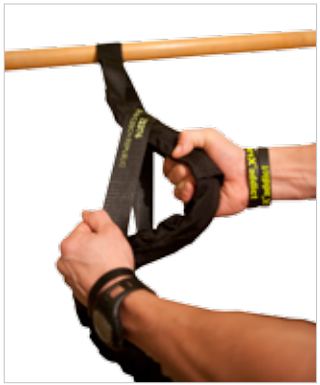
It is possible to anchor GUN-eX® COBRA ropes to various objects. For example around special grapples, wall bars, pylons, beams, fences, benches, etc. Or you can exercise in pairs (2 people).

Always use the longer strap for anchoring the rope.

Using carabine is optional. We prefer to anchor the rope without it, but the maillon carabine is available in every package.

Please pay careful attention to the suggested correct procedure of how to anchor the rope properly:

1



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ATTACHING ACCESSORIES

For accessories (Hip belt, Unisex X-Harness, wooden bar) always use climbing aluminium wire carabine.

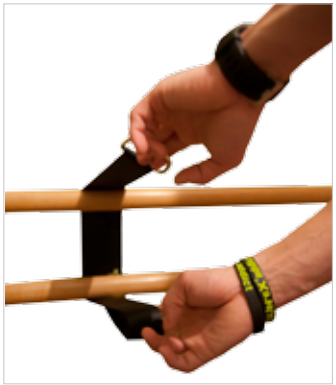
Climbing wire carabine

GUN-EX® COBRA ANCHORING AROUND WIDE OR ROUGHER SURFACE OBJECTS

It is possible to anchor GUN-eX® COBRA ropes to big or wide objects. For example trees, pylons, beams, etc. using the special anchor strap, which is included in every GUN-eX® COBRA package.

Please pay careful attention to the suggested correct procedure of how to anchor the rope properly:

1. Wrap the anchor strap around the anchor point.
2. On the anchor strap end without a steel ring pull through the longer strap of COBRA rope (with steel locking maillon carabine attached).
3. Lock the carabine into the ring.
4. Pull the COBRA rope.



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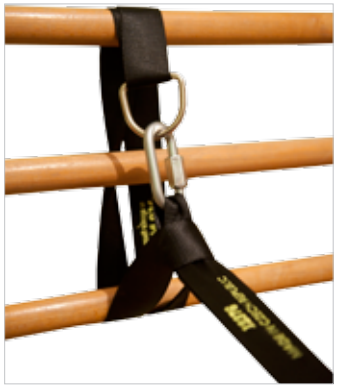

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Maillon carabine

Note 1: Never fully tighten the maillon.
Note 2: Never use anchor point with sharp edges.

COBRA ROPE ACCESSORIES

USING HIP BELT

Always step inside the hip belt and then lock the buckle. Plastic buckle changes the circumference of the hip belt. There should be no tension on a buckle. Lock the carabine into the steel eyelet.

The hip belt can be used for the heaviest loads and the most energic training. It is designed for movement in any direction up to 240° with no tension on the adjusting buckle. It is equipped with neoprene padding for comfortability.

WOODEN BAR CONNECTION OPTIONS

Wooden bar is made from top quality ash wood which makes it very stiff and lightweight. Weighs only 700g. Equipped with two eyelets on sides and one anchoring point in the middle of the bar for variability.

COBRA HAND GRIP

Grip the strap – it is better to put your hand/s through the safety loop for safer handling. Put your thumb on the rope right after the thicker part of the rope and firmly close the palm.

SAFETY NOTE:

When training in pairs always grab thick part of rope, don't hold the strap only. Put your hand through the safety loop but always grab the rope.

GUN-EX® UNISEX X-HARNESS

Specially developed unisex shoulder harness with special X crossing on a chest. Equipped with thick neoprene padding for comfortability. Mostly used for sprinting when it is desirable to have the point of gravity on shoulders. Always hook all eyelets into the carabine.

WARNING: Training with X-harness changes the point of gravity to shoulders. Always be aware when accelerating and control the movement all the time especially when the rope is under tension. Rope will be pulling you backwards, be carefull not to fall down.

TOP 6

BASIC EXERCISES

TO GET YOU STARTED WITH YOUR **COBRA ROPE**

Suitable for everybody for developing strength & power. Possible to do battling exercises, power training, running, sprinting, jumping, strength training.

DOUBLE WHIPS / SLAMS

FULL BODY

EXECUTION:

- Stand facing the anchor point
- Grip the GUN-eX® COBRA ropes by shorter straps
- Place your feet in parallel stance
- Make whip movements up & down with both arms

PROGRESSION TIP:

- Make whips with energy and use resistance of the rope (step back to increase resistance)
- Add jumps into the movement (slams)

SINGLE WHIPS

FULL BODY

EXECUTION:

- Stand facing the anchor point
- Grip the GUN-eX® COBRA ropes by shorter straps
- Place your feet in parallel stance
- Make asynchronized whip movements up & down with both arms

PROGRESSION TIP:

- Make whips with energy and use resistance of the rope
- Add squats into the movement

BEAST GRIP

UPPER BODY CORE

EXECUTION:

- Stand facing the anchor point
- Grip the GUN-eX® COBRA rope on a sleeve
- Place your feet in parallel stance
- Pull back step by step till you hit the end of the cover sleeve and the rope is fully stretched
- Release the rope back step by step. Repeat.

PROGRESSION TIP:

- Pull back with 2 ropes in a row connected by carabine, it will enhance the training effect

SPIRALS IN & OUT

UPPER BODY CORE

EXECUTION:

- Stand facing the anchor point
- Grip the GUN-eX® COBRA ropes by shorter straps
- Place your feet in parallel stance
- Make spiral whips in & out with both arms
- Perform complete set then reverse direction

PROGRESSION TIP:

- Add resistance (step back)
- Perform the movements on the knees

SPRINTS & RUNNING

LOWER BODY

EXECUTION:

- Stand facing away from the anchor point
- Use GUN-eX® hip belt or Unisex X-Harness connected with carabine to GUN-eX® COBRA rope
- Focus on the start and place feet in a split stance
- Sprint forward and accelerate.

Be aware of the maximum length of the cover sleeve.

PROGRESSION TIP:

- Add another resistance rope for higher resistance
- Use 2 ropes in a row connected by carabine for longer distance

FROG JUMPS

LOWER BODY CORE

EXECUTION:

- Stand facing away from the anchor point
- Use GUN-eX® hip belt or Unisex X-Harness connected with carabine to GUN-eX® COBRA rope
- Focus on the jump and place feet in squat stance
- Perform 3 jumps forward and return back.

Be aware of the maximum length of the cover sleeve.

PROGRESSION TIP:

- Palms on the ground before every jump
- Use 2 ropes in a row connected by carabine for longer distance

ROCKET

SHORT ELASTIC ROPE

- 2,75 m (9 ft) elastic rope with hipbelt or unisex X-harness
- Extendable up to 6 m (20 ft)
- Building reaction & agility
- Suitable for rooms with limited space

All ROCKET Kits available in resistance:

- Medium (400 N)

Conversion to weight: Newtons / 9.8 = kg | Newtons / 4.45 = lbs

/ REACTION

/ AGILITY

/ FIRST STEP ACCELERATION

GUN-EX® ROCKET ANCHORING AROUND THIN OBJECTS

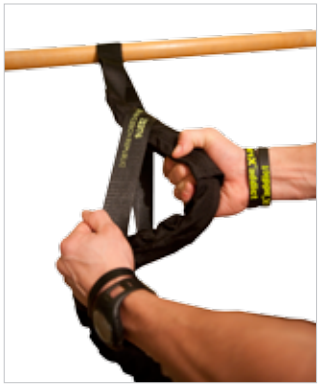
It is possible to anchor GUN-eX® ROCKET ropes to various objects. For example around special grapples, wall bars, pylons, beams, fences, benches, etc. Or you can exercise in pairs (2 people).

Always use the longer strap for anchoring the rope.

Using carabine is optional. We prefer to anchor the rope without it, but the maillon carabine is available in every package.

Please pay careful attention to the suggested correct procedure of how to anchor the rope properly:

1



2

3

ATTACHING ACCESSORIES

For accessories (Hip belt, Unisex X-Harness, wooden bar) always use climbing aluminium wire carabine.

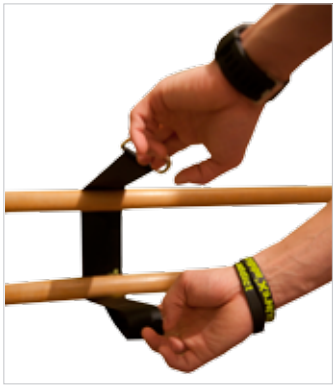
Climbing wire carabine

GUN-EX® ROCKET ANCHORING AROUND WIDE OR ROUGHER SURFACE OBJECTS

It is possible to anchor GUN-eX® ROCKET ropes to big or wide objects. For example trees, pylons, beams, etc. using the special anchor strap, which is included in every GUN-eX® ROCKET package.

Please pay careful attention to the suggested correct procedure of how to anchor the rope properly:

1. Wrap the anchor strap around the anchor point.
2. On the anchor strap end without a steel ring pull through the longer strap of ROCKET rope (with steel locking maillon carabine attached).
3. Lock the carabine into the ring.
4. Pull the ROCKET rope.



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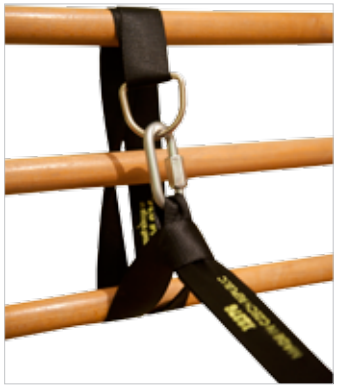

2

Maillon carabine

Note 1: Never fully tighten the maillon.
Note 2: Never use anchor point with sharp edges.

TOP 6

BASIC EXERCISES

TO GET YOU STARTED WITH YOUR **ROCKET ROPE**

Suitable for everybody for developing reaction and agility. Possible to do power training, running, acceleration, jumping, strength training. Suitable for smaller rooms & spaces.

FIRST STEP ACCELERATION

LOWER BODY

EXECUTION:

- Stand facing away from the anchor point
- Use GUN-eX® ROCKET with hip belt or X-Harness
- Focus on start and place feet in a split stance
- Accelerate in first 2 - 3 steps.

Be aware of the maximum length of cover sleeve.

PROGRESSION TIP:

- Use cones or agility dots to run towards them

AGILITY LADDERS

LOWER BODY

EXECUTION:

- Stand facing sideway from the anchor point
- Use GUN-eX® ROCKET with hip belt
- Focus on start and place feet in parallel stance
- React quickly back and forth and side to side and change direction during the movement

PROGRESSION TIP:

- Focus on different leg each set
- Use agility ladder

FROG JUMPS

LOWER BODY CORE

EXECUTION:

- Stand facing away from the anchor point
- Use GUN-eX® ROCKET with hip belt or X-Harness
- Focus on the jump and place feet in squat stance
- Jump forward till the end of the cover sleeve

Be aware of the maximum length of cover sleeve.

PROGRESSION TIP:

- Palms on the ground before every jump

BACK V DRILLS

LOWER BODY

EXECUTION:

- Stand facing the anchor point
- Use GUN-eX® ROCKET with hip belt
- Focus on backward start and place feet in a split stance
- Run backwards and then return to the achor point, change direction into the V

PROGRESSION TIP:

- Use cones or agility dots
- Listen to your coach's signals and react as quickly as possible

SKIPPING

LOWER BODY

EXECUTION:

- Stand facing away from the anchor point
- Use hip belt or Unisex X-Harness connected by carabine to ROCKET rope
- Perfrom skipping on one spot with high frequency and knees as high as possible.

Be aware of the maximum length of the cover sleeve.

PROGRESSION TIP:

- Add another resistance rope for higher resistance
- Use 2 ropes in a row connected by carabine for longer distance

BATTLE

FULL BODY

EXECUTION:

- You need 2 ROCKET ropes for this exercise.
- Stand facing the other person.
- Grip the GUN-eX® ROCKETS ropes on thicker part at the end of the ropes. Use safety loops.
- Place feet in a parallel stance.
- Battle each other with all kinds of whips. The best is spirals in the air.
- Focus on stable body position, work with the legs and engage the core.

QUATTRO

4 ELASTIC ROPES WITH CUFFS

- Each rope is 1,2 m (4 ft) long
- Extendable up to 4 m (13 ft)
- Building coordination & stamina
- Full body workout

All QUATTRO Kits available in 3 resistances:

- Light (4 × 100 N)
- Heavy (4 × 160 N)
- Combi (2 × 100 N, 2 × 160 N)

Conversion to weight: Newtons / 9.8 = kg | Newtons / 4.45 = lbs

/ STAMINA

/ COORDINATION

ANCHORING GUN-EX® QUATTRO

It is possible to anchor GUN-eX® QUATTRO to various objects. For example to trees, pylons, beams, grapples, wall bars, pylons, fences, benches etc. using the universal anchor strap, which is the part of every GUN-eX® QUATTRO package.

Please pay careful attention to the suggested correct procedure of how to anchor the rope properly:

1. Wrap the anchor strap around the fixing point.
2. Lock all carabines into the ring.

BEFORE YOU START

Before the first use, unpack the tool, and slowly fully extend all 4 ropes to maximum length. After you reach the end of the cover sleeve you are ready to begin the training.

The elastic bands have their own dynamic because they are made from natural rubber material. When you use it for some time they become less elastic. When unused for some time, they return into their natural state and become stiffer again. That's why it's important not to forget to equally use all 4 elastic ropes.

DOOR-ANCHORING GUN-EX® QUATTRO

You can anchor GUN-eX® QUATTRO to door frames or punching bags using the universal anchor strap with rubber door anchor included in each GUN-eX® QUATTRO package.

Please pay careful attention to the suggested correct procedure how to anchor the rope properly:

1. Close the rubber anchor into the door. Find firm and stiff door frame.
2. Lock all carabines into the ring.

Preferably train on the side where the door opens away from you.

When using punching bag, rubber anchor prevents the anchor strap from sliding down.

For more movements it is possible to anchor GUN-eX® QUATTRO to GUN-eX® ROCKET or GUN-eX® COBRA ropes. It gives you more possibilities and makes training more challenging.

QUATTRO ACCESSORIES

WRIST CUFFS

Equipped with neoprene padding for comfortability, diameter can be adjusted with velcro.Loop for the thumb prevents cuff sliding to your arm. Connection points: steel ring for majority of movements, plus two strap eyelets for more movement variability to all directions.

ANKLE-HEEL CUFFS

Equipped with neoprene padding for comfortability, diameter can be adjusted with velcro. Heel strap fixes onto your foot. Connection points: steel ring for majority of movements, plus two strap eyelets for more movement variability to all directions. Can be used barefoot, inside or outside the sneakers.

BOXING CUFFS

Equipped with neoprene padding for comfortability, diameter can be adjusted with velcro. Designed with a big loop for boxing gloves of all sizes. One inner and one outer ring for movement variability to all directions. Every cuff is marked with left or right sign.

BOXING CUFFS FASTENING

Look at the picture and follow this procedure:

1. Put the strap through the space between thumb and other fingers
2. Fasten this narrow velcro strap to the main velcro strap with logo
3. Fasten main velcro strap with logo around your wrist
4. Flip narrow strap and fix it again to the main velcro as safety lock

TOP 6

BASIC EXERCISES

TO GET YOU STARTED WITH YOUR **QUATTRO**

Suitable for everybody trying to develop stamina and coordination or for trainers for personal training with their clients.

ALTERNATING JUMPS

FULL BODY

EXECUTION:

- Stand facing away from the anchor point
- Use all 4 cuffs : 2 wrist cuffs and 2 ankle cuffs
- Place feet in a split stance
- Jump alternating the arms and legs

TIP:

- Keep upright posture with neutral spine and core engaged

SHADOW BOXING

FULL BODY

EXECUTION:

- Stand facing away from the anchor point
- Use all 4 cuffs : 2 wrist cuffs and 2 ankle cuffs
- Place feet in a stable split stance
- Perform shadow boxing or boxing on punching bag
- Focus on direct strike, elbow strike, hook, uppercut

PROGRESSION TIP:

- Focus on leg work and stability
- Use legs and apply kicks for wider range of movements

MOUNTAIN CLIMBERS

UPPER BODY CORE

EXECUTION:

- Perform plank facing away from the anchor point
- Move your knees towards the chest back & forth engaging abs
- Change left and right leg with every single movement
- Keep the core engaged

PROGRESSION TIP:

- Keep the ropes under the tension even in the starting position

STRAIGHT ARM PULL DOWNS

UPPER BODY CORE

EXECUTION:

- Stand facing the anchor point
- Place feet in a parallel stance
- Perform swinging motion with straight arms

PROGRESSION TIP:

- Use dynamic movement and energy

COMBAT BURPEE

FULL BODY

EXECUTION:

- Stand facing away from the anchor point
- Place feet in a split stance shoulder width apart
- Perform strike, jump into the push-up position, perform push-up, and jump up back to starting position

PROGRESSION TIP:

- Perform various push-ups (spider-man, triangle, scorpion, leg swing)

EXPLOSIVE LEG

LOWER BODY CORE

EXECUTION:

- Stand facing away from the anchor point.
- Split stance with slightly bent knees, rear leg is fully extended, all the weight is on standing leg
- Raise your rear leg forward dynamically
- After the set, change legs

PROGRESSION TIP:

- Accelerate in every movement

CORE MACHINE

2 ELASTIC ROPES WITH WOODEN BAR

- **Both ropes are 1,2 m (4 ft) long**
- **Extendable up to 4 m (13 ft)**
- **Building speed & core strength**
- **Core workout**

Ropes in CORE MACHINE package:

- **1 × elastic rope with light resistance (100 N)**
- **1 × elastic rope with heavy resistance (160 N)**

Conversion to weight: Newtons / 9.8 = kg | Newtons / 4.45 = lbs

/ SPEED

/ CORE

ANCHORING GUN-EX® CORE MACHINE

It is possible to anchor GUN-eX® CORE MACHINE to various objects. For example to trees, pylons, beams, grapples, wall bars, pylons, fences, benches etc. using the universal anchor strap, which is the part of every GUN-eX® CORE MACHINE package.

Please pay careful attention to the suggested correct procedure of how to anchor the rope properly:

1. Wrap the anchor strap around the fixing point.
2. Lock all carabines into the ring.

BEFORE YOU START

Before the first use, unpack the tool, and slowly fully extend both ropes to maximum length. After you reach the end of the cover sleeve you are ready to begin the training.

The elastic bands have their own dynamic because they are made from natural rubber material. When you use it for some time they become less elastic. When unused for some time, they return into their natural state and become stiffer again. That's why it's important not to forget to equally use both elastic ropes.

DOOR-ANCHORING GUN-EX® CORE MACHINE

You can anchor GUN-eX® CORE MACHINE to door frames or punching bags using the universal anchor strap with rubber door anchor included in each CORE MACHINE package.

Please pay careful attention to the suggested correct procedure how to anchor the rope properly:

1. Close the rubber anchor into the door. Find firm and stiff door frame.
2. Lock carabine(s) into the ring.

Preferably train on the side where the door opens away from you.

BAR HAND GRIP

Always use proper hand grip when you exercise.

CORE MACHINE ACCESSORIES

WOODEN BAR

Wooden bar is from top quality ash wood which makes the bar very stiff and lightweight. It weighs only 700 g (1.5 lbs). It is equipped with two eyelets on sides and one anchoring point in the middle of the bar for variability.

SAFETY NOTE:

Always use the big aluminium wire carabine as a connector between rope and wooden bar.

RESISTANCE ROPES OPTIONS

CORE MACHINE comes with 2 ropes, each with different resistance. Combining the ropes brings more variablity into the training.

HAND GRIP

The same direction grip

The opposite grip

WOODEN HANDLES

Made from quality ash wood which makes handles stiff and lightweight. This special tool enhances training variability.

Not included in CORE MACHINE package. Can be purchased separately.

TOP 6

BASIC EXERCISES

TO GET YOU STARTED WITH YOUR **CORE MACHINE**

Suitable for everybody trying to develop speed and strengthen the core in all movements.

HOCKEY SHOT

UPPER BODY CORE

EXECUTION:

- Stand sideways from the anchor point
- Grip wooden bar with opposite hand grip, lower palm facing up
- Place feet in a split stance
- Perform shot towards the floor as if shooting a puck

PROGRESSION TIP:

- Add another resistance cord for more resistance
- Be aware of right body posture

STRIKE

UPPER BODY CORE

EXECUTION:

- Stand facing sideways the anchor point
- Grip wooden bar with both hands - same direction grip
- Place feet in a split stance
- Bar in the chest level
- Strike forward with core rotation
- Perform high, middle and low strikes equally

PROGRESSION TIP:

- Add another resistance rope for higher resistance
- Turn rear foot towards the target while striking

AXE CHOP

UPPER BODY CORE

EXECUTION:

- Stand facing away from the anchor point
- Grip wooden bar with opposite hand grip
- Place feet in a split stance
- Perform chop overhead engaging upperbody muscles

PROGRESSION TIP:

- Add another resistance cord for more resistance
- Perform dynamic movement

SHOVEL THROW

UPPER BODY CORE

EXECUTION:

- Stand facing the anchor point
- Grip wooden bar with opposite hand grip
- Place feet in a split stance
- Move extended left arm above the shoulder with core rotation

PROGRESSION TIP:

- Add another resistance cord for more resistance
- Perform dynamic movement

SHOULDER PRESS

UPPER BODY CORE

EXECUTION:

- Stand facing away from the anchor point
- Grip wooden bar with both hands, same direction grip
- Place feet in a parallel stance
- Perform shoulder press - fully extend arms over the shoulders
- Bar is on the shoulders in starting position

PROGRESSION TIP:

- Perform jump in final position

PADDLE

UPPER BODY CORE

EXECUTION:

- Stand facing the anchor point
- Grip wooden bar with opposite hand grip
- Place feet in a wide parallel stance
- Perform rowing along with the body engaging core muscles and core rotation. During the movement work with your legs and perform deep squat.
- Perform complete set, then repeat on the opposite side.

PROGRESSION TIP:

- Add another resistance cord for more resistance
- Keep upright posture with neutral spine and core engaged

FAQ

FREQUENTLY ASKED QUESTIONS

HOW DO I MAKE EXERCISE HARDER OR EASIER?

BODY LOCATION: The further away from anchoring point you are the harder the training is.

MOVEMENTS SPEED: Increasing the speed of the movements increases the level of intensity.

WHAT POSTURE SHOULD I MAINTAIN?

Always strengthten the whole body and be sure to keep a neutral spine. Not to over flex or over extend your spine.

Lock your core and spine in the neutral position, core activation will reduce the risk of injury and increase your POWER!

HOW SHOULD I GRIP THE COBRA ROPES?

You should put your hand through the safety loop and grip the rope by the thick part of the rope to secure your grip.

HOW SHOULD I STAND DURING THE EXERCISE?

BODY ORIENTATION:

- Standing facing the anchor point
- Standing sideways to the anchor point
- Standing facing away from the anchor point

FOOT POSITIONS:

- Stable parallel stance
  Split (lounge) stance
- Deep squat stance

CAN I DO THE ROTATIONAL MOVEMENTS?

Yes. Lot of exercises are rotational engaging core muscles. Always keep your shoulders in line with the hips, you will get more power.

CAN I WORK EVERY MUSCLE IN THE BODY WITH GUN-EX® COBRA ROPES?

Yes. If used correctly, you are able to achieve a deep burn for any muscle in the body plus cardio workout. You'll be sore in the muscles you didn't realize you had!

HOW SHOULD I START?

Prepare your body for GUN-eX® ropes training with proper warm-up. Your warming-up exercise should consist of dynamic stretching of major muscle groups.

All warm-up mobility exercises are part of Functional athletic training workshop.

We suggest doing all exercises in these time intervals:

- beginner - around 20 seconds
- intermediate - up to 40 seconds
- advanced - 60 seconds plus

Be sure to have enough rest between each exercise.

After the training unit don't forget to finish with static stretching techniques of major muscle groups to relax and recover working muscles.

This is just a general advise, more training tips, units and sport specific movements will be covered during the education and training course:

- Functional Athletic Training workshop
- Strength & Power education
- Dynamic Movement & Core Strength education

WHERE CAN I GET MORE INFORMATION?

Join us online and get more information at www.gun-ex.com. You can find inspirational and workout videos and tips there. Or you can send us a question.

Get more and sign up for certification courses with local education provider in your country.

EDUCATION AND TRAINING

AVAILABLE EDUCATION COURSES

FUNCTIONAL ATHLETIC TRAINING

Six hours workshop covering basic training routines, movements and programming with whole range of GUN-eX® tools and their usage as a part of functional athletic training. GUN-eX® ropes are often used alongside of wide selection of other training tools in these courses (sand bags, medicine balls, suspension trainers, balance pads, kettle bells, etc.).

STRENGTH & POWER COURSE CERTIFICATION

One day course covering training with strength & power training tools (COBRA and ROCKET). Learn how to lead group classes, create circuit and personal trainings.

DYNAMIC MOVEMENT & CORE STRENGTH CERTIFICATION

One day course covering training with coordination & core training tools (QUATTRO and CORE MACHINE). Learn how to create circuit and personal trainings.

Get more information about education courses and dates at www.gun--ex.com/training

WARRANTY AND SAFETY

GUN-EX® DISCLAIMERS. WARRANTY. SAFETY PROCEDURES AND INSTRUCTIONS FOR GUN-EX® PRODUCTS.

Pay attention to the instructions below for maximum product life-time. Their nonobservance can decrease the product life-time, cause injuries and will void the warranty!

Warranty / Disclaimers: GUN-eX® brand represented by Krankfitness s.r.o. warrants to the Initial retail purchaser that the products will be free of defects in workmanship or material for a period of two-years. Inappropriate or improper use of the GUN-eX® product including but not limited to the following acts, shall void the warranty: leaving the GUN-eX® product outdoors in extreme weather conditions (heat cold, precipitation) for extended periods of time, sawing the rope back and forth, causing excessive friction on the anchor strap due to improper setup or use, performing exercises in a way that causes the rope to make contact with the sharp edge and any other actions that would not be deemed normal use. Notice of such defect must be promptly given to the seller of the product (said seller must either be GUN-eX® certified approved Distributor or Dealer or other group or person authorized by Krankfitness s.r.o. company). Correction shall be either replacement of the product or repair thereof, in the sole discretion of GUN-eX® manufacturer krankfitness s.r.o. Correction of the said product shall constitute complete fulfillment of all liabilities of GUN-eX® brand (krankfitness s.r.o.) with respect to the quality of the product(s) purchased. This warranty shall not cover any damage or condition determined by GUN-eX® (Krankfitness s.r.o.) to be caused by carelessness, negligence, neglect misuse and/or unreasonable use, normal wear and tear, or fail¬ure to properly maintain the product or unauthorized repairs or any modifications thereof. Under no circumstances shall Krankfitness s.r.o. be held responsible for any damages suffered, including but not limited to incidental or consequential damages, medical expenses, temporary or permanent injuries suffered as a result of the use of the product. If said use did not conform to the below described safety standards and/or if said damages were due to the negligence of the user and/or the result of any repair, adjustments or modifications to the product(s) that were not authorized, in writing, by Krankfitness s.r.o. The foregoing warranty and disclaimer is exclusive and in lieu of all other warranties of quality, whether written, oral or implied (including any warranty of merchantability or fitness for the purpose).

• The GUN-eX® COBRA expandability is from 5,5m (18 feet) to 12m (40 feet) – up to the length of its safety covering. In case of expansion to the length longer than 12m (40 feet), the covering will be damaged. The producer is not responsible for damages in this case and the warranty is automaticaly cancelled.
• The GUN-eX® ROCKET expandability is from 2,75m (9 feet) to 6m (20 feet) – up to the length of its safety covering. In case of expansion to the length longer than 6m (20 feet), the covering will be damaged. The producer is not responsible for damages in this case and the warranty is automaticaly cancelled.
• The GUN-eX® QUATTRO expandability is from 1,2m (4 feet) to 4m (13 feet) – up to the length of its safety covering. In case of expansion to the length longer than 4m (13 feet), the covering will be damaged. The producer is not responsible for damages in this case and the warranty is automaticaly cancelled.
• The GUN-eX® CORE MACHINE expandability is from 1,2m (4 feet) to 4m (13 feet) – up to the length of its safety covering. In case of expansion to the length longer than 4m, the covering will be damaged. The producer is not responsible for damages in this case and the warranty is automaticaly cancelled.
• The product is only for above the mentioned purposes of this instruction manual or under profesional trainer guidance. Every athlete and trainer must read all the condition mentioned in this instruction manual.

WARRANTY

The warranty of GUN-eX® products is 24 months from the date of purchase. The producer (Krankfitness s.r.o.) has the right to determine, if the product is repairable or if it will be replaced.

Warranty does not cover damages associated with:

• Non-proper usage. With the usage on concrete, sharp or stone surfaces. With the damages caused by inproper handling or any negligence.
• Leaving the product outdoors in extreme conditions, sawing the straps back and forth at the anchoring point causing excessive friction on the anchor strap, exercises in the way that causes the strap to make a contact with sharp edges or any other actions that would not be deemed normal use
• If the product is repaired by a person who is not authorised by the producer (Krankfitness s.r.o.)
• Warranty rights expire, if not complied with the service term.
• If used with non-GUN-eX accessories and carabines for GUN-eX® products!
Warranty service:
A valid receipt, invoice or warranty certificate must be submitted with a legible date of a purchase for warranty service.

SAFETY PROCEDURES AND INSTRUCTIONS:

There is risk assumed by individuals who use this type of sport equipment. It is your responsibility to take proper care of your GUN-eX® products. To minimize risk, please strictly adhere to the following GUN-eX® training system Instructions.
User assumes the risk of injury and all liability resulting from the use of the GUN-eX® products.
Consult your physician or medical doctor before using this or any type of exercise program or fitness regimen. Exercise at your own risk. The producer is not reponsible for eventual injuries, damages or medical expenses.
Store in dry places. Protect againts sharp or chemically agressive materials.

Inspect the GUN-eX® products daily and before each and every time you use the GUN-eX® products. Tighten all loose connections/ ropes/ belts/ carabiners handles/ accessories and replace worn parts immediately before any further use of the product(s). Failure to do so may result in serious injury. Always attach the GUN-eX® products to a secure, strong and stable anchor point. When using the GUN-eX® products on any piece of fitness equipment (or any object not already permanently attached to the ground), make sure that piece is bolted to the floor or similar permanent anchor point so that it cannot tip. Always perform a weight test to determine the strength/ integrity of your chosen anchor point BEFORE using the GUN-eX® products.

Wear appropriate fitness/workout clothing suitable for this type of exercise program when using the GUN-eX® products. GUN-eX® products are not a toy nor should it be used as a toy of any sort or kind. Under no circumstances, whatsoever, should children under the age of 18 use or be allowed to use the GUN-eX® products without constant and mindful adult supervision. DO NOT use on or near a wet or slippery surface. Be sure of your footing before you begin exercising. Make sure that you have sufficient room, free of encumbrances, in order to perform all physical maneuvers required for proper use of the product(s). Nobody should stand between anchoring point and person who is training with the products. Never let go the ropes when are under the tension.

Safeguard the GUN-eX® products from the elements when not in use. Prolonged exposure to sunlight, dampness, inclement or severe weather conditions, extremely cold or hot temperatures and extreme shifts in temperature, can weaken the components of the GUN-eX® products.

GUN-eX® training system

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